

Boiled Zucchini

Zucchini can be steamed or boiled. Steamed zucchini may need to be peeled because it does not cook the skin to an edible texture. Whether sliced, or diced, it is not necessary to cut off the skin, unless it has become too thick from growing too long. Large zucchini can be difficult to chop. Adding ham bits to zucchini increases flavor. Zucchini does not shrink up quite as far as yellow squash and therefore goes further. It is better with some meals than others, particularly steak or roast. Because the texture is different, some people prefer yellow squash over zucchini.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Squash
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of zucchini (diced or sliced), thawed is better

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice a zucchini.
2. Add to a 2 quart sauce pan:
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover zucchini
 - 15 ounces of zucchini (diced or sliced)
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.